

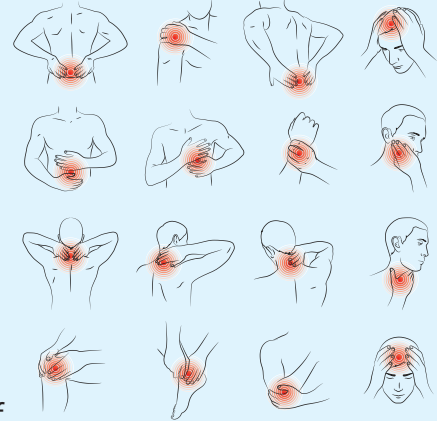
PAIN

Body's way of signaling that something is wrong and needs attention.



ACUTE PAIN

- Occurs due to damage to bone, muscle, or organs.
- Comes on suddenly and lasts for a limited time.
- Acute pain is good as it tells us that something is wrong with our body.



CHRONIC PAIN

- Occurs more often due to nerve damage or damaged tissue.
- Usually lasts longer than 3 months and is usually linked to a long-term illness.
- Acute is a symptom whereas chronic pain is a disease in itself.

Pain if untreated or inadequately treated can have a negative effect on physical, emotional, and psychosocial well-being of those affected.



GOALS

To improve function to enable one to participate in daily activities.

PAIN MEDICINE

A medical super-specialty that deals with evaluation, diagnosis, treatment, and rehabilitation of patients with chronic pain due to a various causes.



PAIN PHYSICIAN

A Super-specialist who assesses and evaluates pain, classifies and grades it, and treats it effectively.

You need to see a **Pain Physician**, who is a super-specialist with expertise in diagnosing and treating all types of pain, if

- ▶ Your pain doesn't get better, worsens, or comes back after treatment.
- ▶ You feel anxious or depressed.
- ▶ You are having trouble sleeping because of pain.
- ▶ Pain that is keeping you away from enjoying your usual activities.



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